Steemd

THE STEEMD RITUAL
Sauna Protocol

1 SAUNA | **2 REST** | **3 HYDRATE**

BEGINNER
Weeks 1–4 · 2× / week

SAUNA HEAT
160–170°F
71–77°C
Cabin air temperature

HEAT TIME
8–12 minutes
Per round
Sit if lightheaded

REST BETWEEN ROUNDS
5–8 minutes

ROUNDS
1–2 rounds

TOTAL SESSION
≈ 15–30 min

COACHING NOTES

- Start on the lower bench if the cabin feels too hot.
- Do not increase temperature until sessions feel easy.
- Leave if dizzy, nauseous, or confused.
- Goal: finish calm, not depleted.
- Sleep: last round heat only, 60–90 min before bed.
- Hydrate 12–16 oz per session with electrolytes.

INTERMEDIATE
Consistent practice · 3× / week

SAUNA HEAT
170–180°F
77–82°C
Cabin air temperature

HEAT TIME
12–15 minutes
Per round
Full sweat, steady breath

REST BETWEEN ROUNDS
4–6 minutes

ROUNDS
2–3 rounds

TOTAL SESSION
≈ 35–55 min

COACHING NOTES

- Rest outside the cabin between rounds.
- Keep breathing slow and nasal when possible.
- Do not stack extra heat the same day as a hard session.
- Sleep: last round heat only, 60–90 min before bed.
- Hydrate 12–16 oz per session with electrolytes.

ADVANCED
Adapted users only · 3–4× / week

SAUNA HEAT
180–190°F
82–88°C
Cabin air temperature

HEAT TIME
15–20 minutes
Per round
Progress, do not force

REST BETWEEN ROUNDS
3–5 minutes

ROUNDS
2–3 rounds

TOTAL SESSION
≈ 45–70 min

COACHING NOTES

- Exit immediately if speech slurs or you feel faint.
- Higher heat is not automatically better.
- Sleep: last round heat only, 60–90 min before bed.
- Hydrate 12–16 oz per session with electrolytes.

SAFETY · NOT MEDICAL ADVICE

Consult a physician before heat therapy if you are pregnant, have cardiovascular disease, uncontrolled hypertension, arrhythmia, or take medications that affect heart rate or blood pressure. Exit the sauna if dizzy, nauseous, or confused.
Never sauna alone if you are new or have risk factors. Hydrate before and after. No alcohol.
Children require adult supervision and milder temperatures. Traditional Finnish-style heat assumed.

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